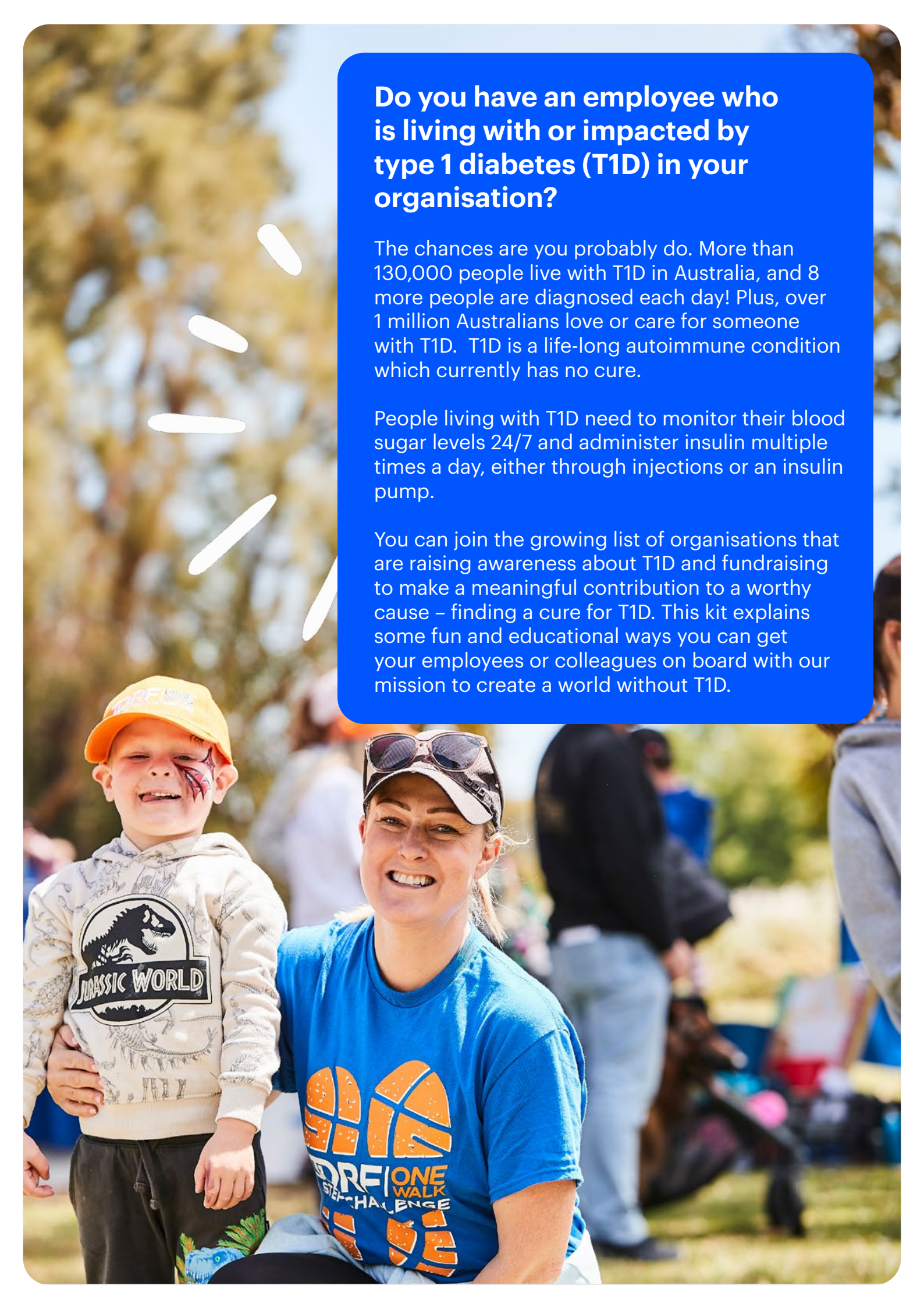




JDRF | ONE
WALK

Workplace Fundraising Kit

walk.jdrf.org.au

A woman in a blue t-shirt and a young boy in a Jurassic World hoodie and yellow cap smiling at an outdoor event. The woman's t-shirt has a logo for 'DREIFONE WALK STEP-CHALLENGE'. The boy's hoodie has a 'JURASSIC WORLD' logo. The background is a blurred outdoor setting with trees and other people.

Do you have an employee who is living with or impacted by type 1 diabetes (T1D) in your organisation?

The chances are you probably do. More than 130,000 people live with T1D in Australia, and 8 more people are diagnosed each day! Plus, over 1 million Australians love or care for someone with T1D. T1D is a life-long autoimmune condition which currently has no cure.

People living with T1D need to monitor their blood sugar levels 24/7 and administer insulin multiple times a day, either through injections or an insulin pump.

You can join the growing list of organisations that are raising awareness about T1D and fundraising to make a meaningful contribution to a worthy cause – finding a cure for T1D. This kit explains some fun and educational ways you can get your employees or colleagues on board with our mission to create a world without T1D.

About us

JDRF Australia

JDRF is the leading supporter of type 1 diabetes (T1D) research in the world. Our vision? A world without type 1 diabetes.

For the past five decades, JDRF Australia has been working tirelessly towards this vision, with every single dollar raised committed to taking a cure from hope to reality – while making the lives of people with T1D easier, safer, and healthier until that happens.

JDRF has transformed the understanding of this condition and been a part of every breakthrough in T1D care in the last 50 years. We drive innovation, demand action and stand with everyone facing life with T1D.

About Type 1 diabetes

Type 1 diabetes (T1D) is a chronic autoimmune condition that can develop at any age. There is nothing anyone can do to prevent T1D, and right now there is no known cure. T1D is caused by the immune system mistakenly turning on itself, destroying beta cells within the pancreas and removing the body's ability to produce insulin. Insulin allows the body to process glucose from food to create energy - without insulin, the body literally starves as it cannot process food.

Symptoms of T1D can include:

- Extreme thirst
- Constant hunger
- Sudden weight loss
- Frequent urination
- Blurred vision
- Nausea
- Vomiting
- Extreme tiredness

Whilst there can be short- and long-term complications from T1D, JDRF Australia funds research which aims to reduce the number of people who experience these impacts – and one day defeat T1D once and for all! You can help us.



The impact of living with T1D

People living with T1D can live long and happy lives with the right management. Advances in medication and technology make life easier, safer and better. Despite this, people living with T1D may face a reduced life expectancy and an increased likelihood of encountering long-term health challenges. Managing T1D means a 24/7 battle with no break and facing an extra 180 decisions a day to remain safe and healthy.

Not only that, but people living with T1D must constantly monitor their blood glucose levels (BGLs) all day and night, and every action they take must be carefully considered to make sure their BGLs are within optimal range. This includes (but is not limited to) exercising, eating, playing, sleeping and taking medication. People with T1D must also be prepared for potential hypoglycaemic (low blood sugar) and hyperglycaemic (high blood sugar) incidents, which can be life threatening.

T1D can cause several long-term health complications for people living with it, especially if it isn't well managed. Almost half of all adults with T1D have at least one long-term health complication.

These can include:

- Cardiovascular disease
- Kidney disease
- Nervous system damage
- Vision loss and blindness
- Various mental health impacts, including diabetes distress, anxiety and depression



About One Walk

One Walk is the world's largest walk towards a future without type 1 diabetes – and it's coming up in March 2025!

During One Walk, you can connect with the T1D community at family-friendly events across Australia, featuring loads of fun, food, and entertainment. By participating, you're helping to find cures for T1D and improve the lives of your special some1.

It's the perfect time to celebrate your organisation's support of JDRF Australia and help us turn type one into type none.

One Walk events will be held in the following locations:

ACT

- Canberra – 2 March 2025

NSW

- Newcastle – 9 March 2025
- Illawarra – 16 March 2025
- Blue Mountains – 22 March 2025
- Sydney – 23 March 2025
- Central Coast – 6 April 2025

NT

- Alice Springs – 21 September 2024
- Darwin – 13 April 2025

QLD

- Redlands – 2 March 2025
- Moreton Bay – 9 March 2025
- Brisbane – 16 March 2025
- Gold Coast – 23 March 2025
- Townsville – 30 March 2025
- Mackay – 30 March 2025

SA

- Riverland – 2 March 2025
- Adelaide – 30 March 2025

VIC

- Melbourne – 2 March 2025
- Lilydale – 16 March 2025
- Bairnsdale – 30 March 2025
- Albury – 6 April 2025
- Mornington – 16 March 2025
- Mildura – 23 March 2025

WA

- Perth – 9 March 2025



It's all about fitness, fun, community and a terrific cause. Gallagher teams embraced the concept with more than a dozen office locations across Australia getting involved.

- Robin Moore, Gallagher



Find a nearby location



Scan here

walk.jdrf.org.au/find-a-walk



Can't find a nearby One Walk location? Sign up for the One Walk Step Challenge

If you can't join us for an in-person walk, you might like to sign up for a virtual walking challenge instead. This year, we're encouraging people to walk 8,000 steps a day, in support of the 8 Australians diagnosed with T1D each day.



Scan here

walk.jdrf.org.au/virtual-challenge



The Blue Army

JDRF's initiatives are made possible thanks to the invaluable support of the community who help drive its vision of a world without T1D – including during One Walk.

Our Blue Army includes individuals diagnosed with T1D, as well as their families, caregivers, colleagues, and friends, who wholeheartedly advocate for awareness of this condition and contribute to the vital fundraising efforts that drive JDRF's life-changing research forward.

Organisations like yours play a crucial role in the Blue Army, helping advance the journey of a world without T1D.

How your organisation can help create a world without T1D



1 Join the virtual One Walk Step Challenge

Walk together during lunch breaks or set a goal for employees to reach the highest step count in March to win a prize supplied by your organisation. Rally your network to support your organisation's steps and make every stride count.



2 Match and Multiply

If your company offers corporate matching, use it to double your impact. Inspire team members by matching donations raised in a specific period or rewarding those who meet fundraising goals. It's a powerful way to boost contributions and show your commitment to T1D research.



3 Host a Family Fun Day

Create a memorable day with a corporate marquee at a One Walk event. Organise fun activities for a gold coin donation and invite employees, friends, and family who have supported your fundraiser to join in. It's a fantastic way to engage the community and support a great cause.

Bonus points if you create a team t-shirt for everyone to wear on the day!



4 Kickoff with a Cause

Start strong with an educational morning or afternoon tea all about T1D. Serve up some tasty baked goodies for purchase, build early momentum, and get your employees dedicated to the cause from the get-go.

Raise awareness about T1D

Spread the word about T1D by learning and sharing the four T signs: thirst, toilet, thinner, and tired. You can find helpful visuals on the One Walk [resources page](#).

We've also created a resource to support educating colleagues about T1D. It contains answers to common questions people may have about the condition, and information on how they can support their colleagues and friends. Download it [here](#).

Another amazing way to spread awareness is inviting experts or individuals with T1D to share their experiences and knowledge with the workplace community at your meetings, morning teas, lunch and learns, seminars, or in another special way during work hours.



Raise funds

An important part of turning type one into type none is raising funds so that research to improve lives and cure the condition continues and doesn't stop. There are many ways you can fundraise to support your One Walk initiative...



1

If you haven't already done so, [create a One Walk fundraising page here](#) and share it through platforms such as social media to reach a wider audience, including colleagues, friends, and extended family members who might want to support the cause.



2

Organise a raffle, hold a workplace event, or host a charity sale.



3

Ask your local JDRF fundraising team to send across merchandise to sell to your colleagues and extended network to raise funds.



4

Encourage colleagues to bring a gold coin donation to participate in activities.

Your One Walk action plan

Now that you know how to participate in One Walk, it's time to spread the word and build excitement. Here's your One Walk action plan.

1



Tell your workplace community about One Walk through emails, internal communications, and staff meetings. We have some suggested messaging here that you can adapt from.

2



Hang up posters promoting the initiative, and share educational resources on T1D.

3



Send a note about any corporate matching initiatives available for staff to help maximise their fundraising potential.

4



Get fundraising! Raise awareness and funds for this important cause. We have some tips for doing this on the previous page – but feel free to get creative!

5



Foster friendly competition among teams or departments to amplify participation.

6



Thank everyone for their invaluable support in helping turn type one into type none.

Get in touch

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